



Quick Start Guide

Before You Start

Setup will take **10-15 mins** and you will be on your way with SustainVR™

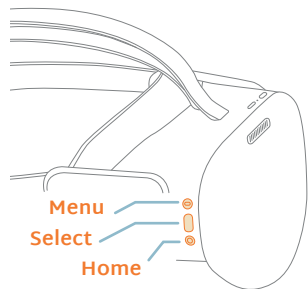
1. Your **SustainVR wellness device** includes:

- Pico® G3 VR device
- USB-C charging cord and wall charger block
- Protective case

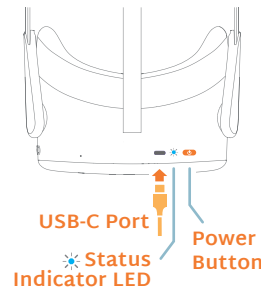
2. **Get to know your device** (see diagram below).

3. Have your **WiFi password on hand**, you will be prompted to connect to WiFi during your onboarding session.

4. Find a **quiet and comfortable place to sit** that is free from obstructions and distraction.



Side View



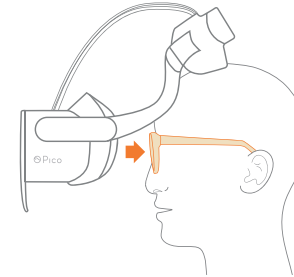
Top View

Getting Started

Fit your device

To put the device on, place the device over your eyes and pull straps down over your head. Make sure you have a proper fit and tighten straps if needed.

Note: The device fits over most standard eye glasses with a frame width of less than 6.3 inches (160mm).

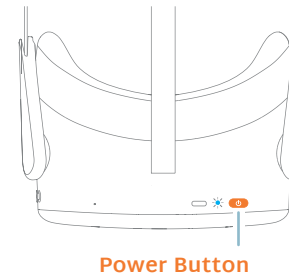


Power on the device

Press and hold the **POWER button for 3 seconds** until the status indicator turns **BLUE**.

To power off the device, press the power button for 2 seconds until the screen goes black. You can also power off and restart device in the **Settings Menu**.

Top View



Note: Your device will enter sleep mode when not in use after you take it off.

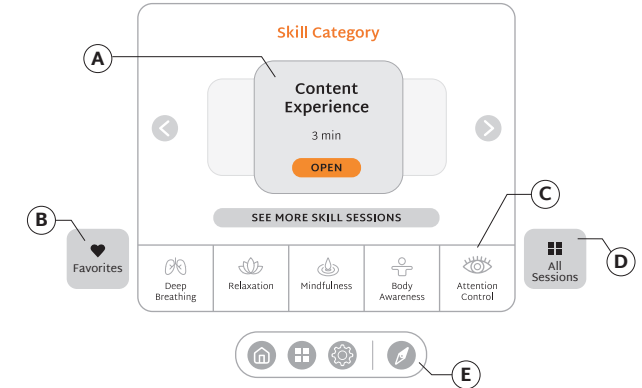
Start your device onboarding

You'll be guided through how to set your IPD, reorient your device, connect to WiFi and navigate through the content and skills in SustainVR.

WiFi is not mandatory but is **highly recommended** so you can receive device updates and better support from our team.

Home Menu

From the Home menu, explore featured sessions organized by skill. Simply choose a skill to view and launch a session, or mark it as a favorite. Featured sessions are updated daily to provide fresh options.

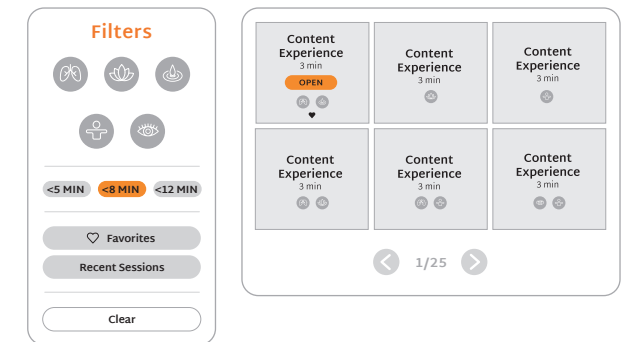


Key Legend:

- A. Content Tile: Launch and favorite a session
- B. Favorites: See all favorites
- C. Skill Navigation Bar: Browse sessions in each skill
- D. All Sessions: See all sessions
- E. Bottom Navigation: View all sessions, settings, reorient content, back to home screen

Library Menu (All Sessions)

The Library features all of SustainVR's sessions. Browse sessions based on skill, duration, favorites, or recent sessions.





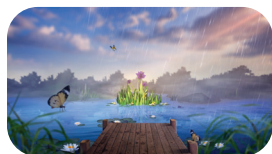
Continued Skill Practice

Choose from the following skills:



Deep Breathing

Deep breathing calms the nervous system and mind. This skill is invaluable for finding long term comfort and control.



Relaxation

Relaxation can release built-up tension in your muscles, which can have a ripple effect throughout your body.



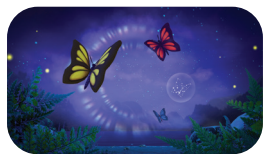
Mindfulness

Mindfulness helps anchor you in the present and brings a sense of calm to your body.



Body Awareness

Sense and perceive your body's internal state to help you better understand and manage discomfort.



Attention Control

Practice shifting your focus to other activities or thoughts, away from any active discomfort.



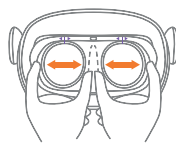
Like A Session?

You can add the session to your **Favorites List** in 3 different ways:

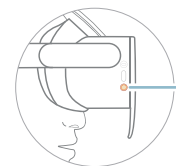
- When opening a session from the Home or Library menu
- After completing a session
- During a session in the in-app menu



Screen Issues?



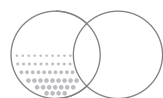
You might have to modify the distance between lenses. Shift the lenses inward and outward, bringing the device to your face after each adjustment to check for clarity.



If the content on screen is off-center, look straight ahead and press the **HOME button** located on the right side of the device.



If content appears blurry, adjust the device up and down the face until the view comes into focus. Adjust the straps if necessary.



To help prevent fogging, store your device at room temperature, and not in an hot, direct sun environment.



Charging the Device

The device battery will last approximately 2.5 hours when in use. Use the adapter and cable provided to charge the device. **The charging port is located on the top of the device.**

Status Indicator LED Lights

- **BLUE** - Powering on/work mode
- **YELLOW** - Battery is low
- ⚡ **FLASHING RED** - Battery is extremely low
- **GREEN** - Charging complete



Care & Cleaning Instructions

Using a dry nonabrasive lens wipe, wipe the lens from the center to the outer edge. **DO NOT** clean the lenses with any harsh cleaning products such as bleach.

We recommend cleaning the device routinely. Wipe all non-porous surfaces, including the top straps, the back head-pad, face cushion and the headset enclosure with a hydrogen peroxide-based disinfectant wipe (AHP®)¹

1. www.solutionsdesignedforhealthcare.com/product/disinfectants/oxivir-1-wipes/



Symbol Glossary Definitions



Manufacturer



Refer to instruction manual/booklet



No household disposal. Follow local e-waste regulations.



Emitting waves

AVR Pathway

For support, please call,
email or visit:

1+(844) PATH4VR

(844-728-4487)

support@avrpathway.com

SustainVR.avrpathway.com



SustainVR is intended for only general wellness use.

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